

Free virtual

Infant Massage Classes



Infant Massage Classes create a supportive environment for caregivers and infants to be together, discuss parenting experiences, learn about infant development and baby cues and support bonding and attachment. Caregivers will spend time learning different massage strokes and learn about the **benefits of baby massage**:

- Stimulates baby's neurological development
- Helps baby sleep longer and better
- Forms a strong bond with your baby
- Relieves constipation
- Helps in building strong bones
- Helps ease baby's colic pain
- Improves baby's general health and well-being



Instructor: Alena Josephson is a licensed marriage and family therapist and endorsed infant mental health clinician. She has been an infant massage parent educator since 2016 and has a passion for supporting caregivers and their infants through building relationships and bonds with one another.



Dates and Times

Mondays, 10:00 -11:00am

**March 28, April 4,
April 11 and April 18**

Who is this for?

Caregivers with infants:
Preferred 4 weeks to
before crawling



**Contact us to
register today!**

infantmassage@kidsafect.org

Reach out for other additional
days and times.

